

HOW I REDUCED MRS. EVA LANE 36 POUNDS in SIX WEEKS

By *Antoinette Donnelly*

Diet Alone Will Not Accomplish Permanent Reduction. You Have to Develop Muscle to Take the Place of Fat and Exercise Is the Only Medium to Develop Muscle. No Gymnasium Apparatus Was Used in Reducing Mrs. Lane.

TODAY I shall tell you of my third week's work with my model, Mrs. Eva Lane, whom I reduced, under the medical supervision and instructions of Dr. Lena K. Sadler of the Chicago Institute of Physiologic Therapeutics, from 204½ pounds to 168½ pounds in six weeks.

This third week's work with Mrs. Lane resulted in a loss of five pounds to her, making altogether nineteen pounds loss for her three weeks' work of exercise and diet. In the chart given herewith you can see for yourself what improvement has already been made in Mrs. Lane's figure.

Her waist reduction of four inches and her hip reduction of four and one-half inches was tremendously gratifying to Mrs. Lane and to me, not from the point of vanity alone but for her health's sake. The abdominal walls already began to show signs of greater strength. The superfluous flesh on the abdomen is caused by too much fat producing food and a weakening of the walls of the abdomen through lack of exercise.

Mrs. Lane did not acquire this loss of pounds and inches without effort, however. Her enthusiasm did not wane with the third week's work, as it does with many women who undertake a reducing system. Every week after the first it is harder, of course, to get rid of the undesirable pounds. The first week Mrs. Lane lost eight pounds, the second week six pounds, and the third five.

Mrs. Lane worked just as hard the third week as the first. Up every morning at 7, she got breakfast for her family, did up her dishes and her beds, and swept, and cleaned, and dusted, all of which she accomplished usually by 10 or 10:30. Then she started in on her exercises. First she repeated the sets of exercises given her during the first and second week, repeating these old movements from 100 to 200 times daily. After working herself into a natural perspiration she proceeded to take a shower bath, following it with a vigorous rubbing and a twenty minute rest, or more if she felt the need of it.

A couple of days during the week Mrs. Lane felt rather stiff and sore, having overdone her exercising a bit. A ten minute stay in the bathtub filled with water as hot as she could stand it, followed by a half hour's rest, put her back in trim again. Care must be taken when following this suggestion that you do not catch cold.

The shower bath after exercising is important or a tub immersion lasting a couple of minutes, followed by a cool shower, may be taken.

As the heaviest rolls of fat still centered round the hips and waist line of Mrs. Lane, during the third week, I gave her exercises that would exert those muscles to greatest action. The body bending exercise (Fig. 1) and the trunk circumduction (Fig. 2—A and B) illustrated herewith are wonderfully effective in removing flesh from these obese parts. Mrs. Lane practiced them as often as 100 times before the end of the week, and their effectiveness was proved in a plainly noticeable waist diminution.

Twice in the afternoon and once again before going to bed Mrs. Lane went through all her exercises. And in addition she walked every day not less than three miles, remembering the value of deep breathing and practicing it as she walked. As I said before, you cannot overestimate the value of oxygen for burning up fat. Deep breathe all you can and as often as you can if you wish to reduce.

For the lumps of fat that accumulate on obese women under the arms and across the back the arm movement illustrated and described herewith (Fig. 3) is excellent. It involves little strain, and Mrs. Lane found that she could do it fifty times or more before the third day of the week.

I changed Mrs. Lane's diet every week. This is what she ate during her third week with me:

On rising—One lemonade (no sugar).

8:00—One and one-half ounces dried beef or lean

bacon, or thirteen double peanuts, or eight large almonds, one toasted slice of bran bread; apple.

12:00—Glass lemon water or cup of coffee (no cream or sugar).

3:00—Four ounces clear broth (no fat), celery (all you want).

7:00—Three ounces beef, mutton, fish, or chicken, or four cubic inches cottage cheese, lettuce, or spinach (all you want), sour pickles.

Calcined magnesia—One round teaspoonful each night.

value of food in the process of nutrition. One large slice of bread contains 100 calories; a baked potato contains 100 calories; a square of butter 100 calories; ordinary plate of cream of corn soup also 100 calories; one large egg, boiled, 100 calories. Eight hundred calories is a reducing diet and is sufficient to sustain the body during more or less strenuous exercising. Of course, you might consume more food and still reduce. But you will not reduce as quickly as did Mrs. Lane unless you confine your diet to the allotted 800 calories. Below I shall describe the exercises illustrated on this page and practiced

as high as you can, then let it fall to floor as you count eight slowly. Begin with five times. Alternate with the other leg. Increase the number of times daily up to fifty and more if you can do it without strain.

Next week I shall continue my experience with Mrs. Lane. I hope your enthusiasm will remain as unflagging as hers. There isn't any reason why you can't do what she did, providing, of course, you have no organic trouble which might interfere with your progress. But you must have the will to stick to it if you wish to accomplish anything in the way of reducing.

Fig. 1.



A.



B.



TABLE SHOWING DECREASE IN MRS. LANE'S WEIGHT AND MEASUREMENTS AT END OF THIRD WEEK.

| Beginning. | End of third week. |
|------------------|--------------------------|
| 204½ pounds..... | Weight.....168½ pounds |
| 16 inches..... | Neck.....14¾ inches |
| 43 inches..... | Bust.....40½ inches |
| 14 inches..... | Upper arm.....12¾ inches |
| 11 inches..... | Forearm.....10¾ inches |
| 37¼ inches..... | Waist.....33¾ inches |
| 49 inches..... | Hips.....44½ inches |
| 26½ inches..... | Thigh.....24¼ inches |
| 16½ inches..... | Calf.....15½ inches |
| 9½ inches..... | Ankle.....9 inches |

Fig. 2.



Fig. 3.

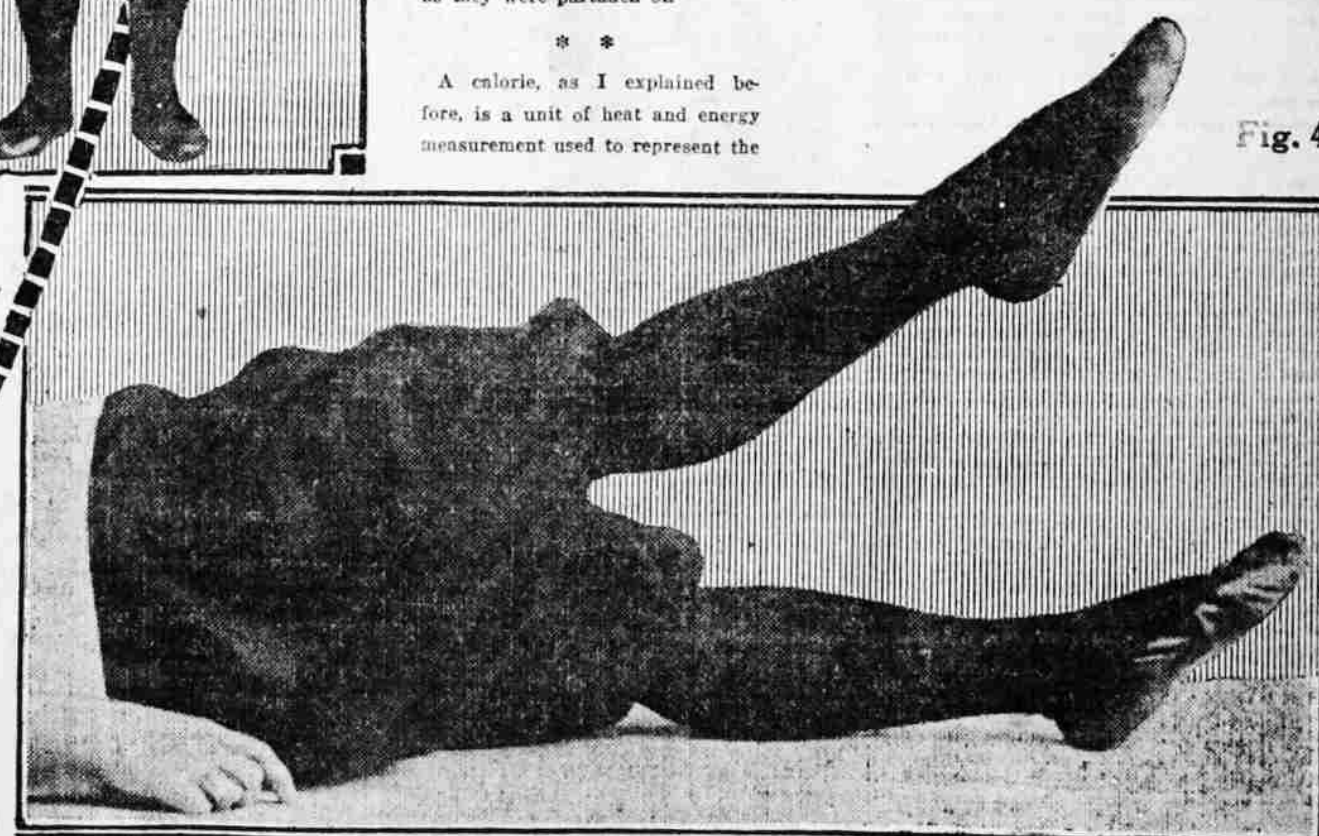


Fig. 4.

As I explained in last week's story, it is necessary in almost every instance of vigorous dieting and exercising to take precautionary measures against an increased acidity, which must be accomplished with an alkaline. The calcined magnesia which Mrs. Lane took was prescribed for her by Dr. Sadler.

As I explained before, Mrs. Lane preferred to divide her meal hours as per the above dietary schedule. She found it easier to do her work and exercising by partaking of food at 3 o'clock in the afternoon. However, if you follow the diet, you may combine the 12 m. glass of lemon water or cup of coffee and the 3 o'clock food allowance and partake of it any time during your regular luncheon hour. The basis of Mrs. Lane's food allowance for the entire day was that it should not exceed 800 calories of food. It was not an important item whether she combined the 12 m. and 3 p. m. allowances, so long as they were partaken of.

A calorie, as I explained before, is a unit of heat and energy measurement used to represent the

by Mrs. Lane during her third week's reduction work with me.

Fig. 1. This is called the body bending exercise. Extend left foot forward a few inches and stiffen the knee; hold the body erect and raise left hand high above the head; then try to touch floor with your finger tips, bending the body from the waist. Repeat five times with left hand; reverse and do same movement with right hand and right foot extended a few inches. Repeat five times at start. You will find at first it is not easy to touch the floor, but a few days sticktoitiveness will make a marked improvement. This is excellent for waist reduction.

Fig. 2—A. and B. Seat yourself on a stool with hands at side of your waist. Fasten your eyes on some object ahead of you and up high. Then begin to turn your body first toward the left, as illustrated in Fig. B, and make a complete circle back into original position again. For hips, waist, and abdomen this is most effective. After making the circle from left to right five times at start reverse it and go from right to left five times. You may increase this up to 100 times by the end of the week. If you find this makes you dizzy rest a minute and shrug your shoulders vigorously before you begin again.

Fig. 3. For chest reduction and the lumps of fat under arms and on the back practice this arm movement conscientiously and often. With fists together as in illustration make a complete circle with the elbows, inhaling deep breaths as you bring the arms in and exhale as you move them in the outside of the circle.

Fig. 4. This leg raising exercise is for abdomen, upper thighs, calves, and ankles. Hold knee stiff and raise leg